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WAR FOOD ADMINISTRATION

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CABBAGE IN SCHOOL LUNCHES

Here are some points school lunch managers may find helpful in planning and serving meals using cabbage:

1. Cabbage may be served to meet the vegetable-fruit requirement of either the Type A or Type B lunch, in whole or in part.
2. Cabbage is a relatively low cost source of important vitamins and minerals. Raw or slightly cooked cabbage along with citrus fruits, tomatoes and salad greens are our chief sources of vitamins C and go to make up Group Two of the Basic 7 food groups. The body cannot store large amounts of this vitamin - necessary for the normal development and maintenance of body tissues. So for good nutrition, vitamin C-rich foods are a daily "must".
3. Because cabbage combines so well with other foods it can be served frequently in school lunches, either raw or cooked, without making meals monotonous. It is usually well liked by children; crisp raw cabbage, served plain or in salad combinations, is especially popular because of its texture and flavor.
4. In combination with protein-rich foods, raw cabbage may be used to make attractive main dish salads. In combination with other raw or cooked vegetables, or fruit, innumerable salad combinations may be served to supplement the meat or meat alternate dish. Plain raw cabbage wedges or sections provide one simple and satisfactory way of serving this vegetable. Small amounts of chopped raw cabbage improve the flavor and texture of many sandwich fillings. Cooked cabbage combines well with either milk or meat flavors.
5. To conserve the maximum food values of cabbage, serve it in raw form often (about half of the vitamin C content is destroyed in cooking). Prepare cabbage to be used raw (plain or in salads) just before serving so that it stands no longer than necessary. Cook cabbage quickly in lightly salted water only until tender; use little water and serve as soon as possible after cooking. Use the water in which cabbage has been cooked in soups or sauces.

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Some Ways to Serve Cabbage in School Lunches

I. Vegetable Dishes

Raw Cabbage Dishes

Cabbage - plain, in wedges or sections
Cabbage salad (slaw) **
Cabbage and Carrot salad
Cabbage and beet salad
Cabbage, celery and green pepper salad
Tossed vegetable salad with cabbage
Cabbage and potato salad
Cabbage and apple salad **
Cabbage and dried fruit salad
Citrus fruit bowl with cabbage

Cooked Cabbage Dishes

Panned cabbage
Quick cooked cabbage
Creamed cabbage **
Panned cabbage and apples
*Baked cabbage and apples **
*Scalloped cabbage - plain or with dried fruit

II. Combination Main Dishes Featuring Cabbage

Raw Cabbage Dishes

Cabbage and egg salad (sliced or stuffed eggs)
Cabbage, egg and potato salad
Cabbage and cottage cheese salad
Cabbage and dry bean (kidney or any other kind) salad
Meat and vegetable salad with cabbage
Fish and vegetable salad with cabbage

Cooked Cabbage Dishes

Creamed (or scalloped*) cabbage and eggs
Creamed (or scalloped*) cabbage, potatoes and eggs
Creamed (or scalloped*) cabbage with cheese sauce
Steamed or boiled cabbage and fish
Cabbage and meat rolls

Vary salads by combining other raw, or raw and cooked, vegetables with cabbage. Vary salad flavors by using different seasonings in salad dressings such as chopped onion or pickle. Peanuts, chopped or whole, improve the food value and flavor of fruit or vegetable combinations.

* Baking facilities are required for these dishes; all other suggested dishes can be prepared without cooking or with top-of-stove cooking facilities.

** Recipes for these dishes will be found in "School Lunch Recipes" - Miscellaneous Publication No. 537, U. S. Department of Agriculture.

